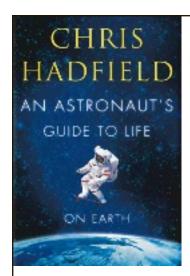




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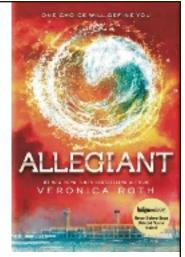






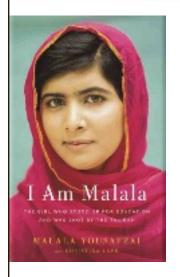














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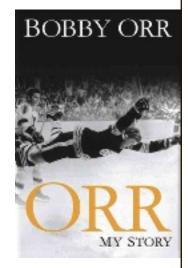
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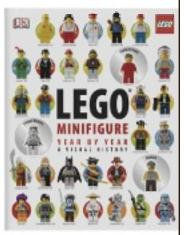
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#### ROLLING IN THE DEEP

IN WHICH THE VICISSITUDES OF LIFE LEAD SHANNON TO CONTEMPLATE EXISTENCE PAGE 18

# Big Brother will be watching — from his \$1B home in the 'burbs

'Stop Harper' ex-parliamentary page at it again, this time with a banner and giant eyeballs outside reported future spy headquarters PAGE3

#### Fun of the lifethreatening variety

Florida obstacle course includes zip-line over crocs.

Good luck with that





#### THE ANATOMICAL SNOWMAN

Richard and Claire Harvey of London, England, put the finishing touches on their anatomical snowman in Major Hill's Park in Ottawa on Wednesday. The National Capital Region received around 25 centimetres of snow in the first storm of the season. For more on the snowy weather see page 6. RICHARD LAUTENS/TORSTAR NEWS SERVICE

# Dog-starving charges raise fears for OHS

Alleged abuse. Humane Society concerned courts not taking cases seriously



JOE LOFARO

A day after an Ottawa man received no jail time after being found guilty of throwing a kitten against a wall, killing it, the Ottawa Humane Society says its worried a new case of alleged animal cruelty will result in another "lenient" sentence if the accused is found guilty.

OHS executive director Bruce Roney said he's concerned about how seriously courts take such cases when asked about a suspended sentence handed Tuesday to a man who killed the cat.

Bassey Okokon, 23, was sentenced to one year of probation after pleading guilty to toss-

ing a seven-month-old kitten named Braveheart at a wall on Feb. 11.

"I do believe that public awareness and outrage is a beginning of a change," said Roney. "It's been so long these crimes have not been taken seriously and I think it's going to take a lot to turn that around."

Roney said the city's latest animal cruelty case, the Nov. 11 discovery of four Pomeranians who starved to death in a breeders' south Ottawa home, is "certainly one of the worst cases" of abuse he has seen.

A necropsy found the dogs had been dead for up to a week before they were found.

The OHS said Andrea Noel was charged last Friday with four counts of willfully failing to provide suitable and adequate food and water for her dogs. Noel's charges have not been proven in court.

Noel is due back in court Jan. 15.

THE NEW CONSERVATIVE BUDGET BILL (C-4) WILL STOP THE CANADIAN HUMAN RIGHTS COMMISSION FROM INVESTIGATING WORKPLACE DISCRIMINATION CASES.





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(NOVEMBER 28)

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# Protesters eyeball the cost of pricey new spy centre

'I spy a waste of money.' CSEC believed to be Canada's most costly public building



JOE LOFARO joe.lofaro@metronews.i

Activists who are upset with Canada reportedly spending more than a billion dollars to build a new spy headquarters in suburban Ottawa had their banner cut down by security guards Wednesday during a protest.

Brigette DePape, the former parliamentary page who made national headlines in 2011 following her silent "Stop Harper" protest in Senate chambers, helped pin the banner with the message "I spy a waste of money" to the fence outside the Ogilvie Road building. Underneath it were two three-foot-tall googly eyeballs.

Security guards swiftly came in and cut the banner with scissors and filmed the group of six demonstrators, DePape said.

"We really see this issue gaining momentum, and the more and more we don't let this fear that (Prime Minister Stephen Harper) is trying to create an order to stop us from opposing the injustice of this government, the more we will be heard," said DePape by phone Wednesday after the protest.

On paper, the new Communications Security Establishment of Canada (CSEC) building is supposed to cost \$800 million, but it is likely going to cost upwards of \$1.2 billion, according to a report by CBC News last month.

It's believed to be Canada's most expensive government building.

The B.C. Civil Liberties Association also filed a lawsuit last month alleging CSEC spied on the communications of ordinary Canadians. In a statement to CBC, the top-secret spy agency said it is against the law for CSEC to target Canadians.

Adding to DePape's concerns is the auditor general's scathing report last spring,



Security guards at the construction site of Canada's top-secret spy agency tear down a banner that protesters attached to a fence during a demonstration on Wednesday. COURTESY ISAAC VALLENTIN

which said \$3.1 billion in antiterror funding was unaccounted for.

"We are really concerned because with this spying the Conservative government is invading our privacy and meanwhile they're actually telling us less and less about what they're doing with our money," said DePape. "It's these unprecedented actions that undermine

democracy."

The former page said she and her colleagues are working on a documentary film slated for release next spring about Canada's spy programs.



#### Housing cuts 'a major crisis': FRAPRU

More than 600 people from FRAPRU, Quebec's Movement for People's Rights Over Urban Development, marched from a subsidized-housing project in Gatineau to Prime Minister Stephen Harper's Wellington St. offices to send the PM a message, as loudly as they could, that cuts to Canada's social housing program were putting thousands of Canadians at risk.

Some demonstrators pitched red tents around Langevin Block to emphasize their concern that Canada is facing a shortage of affordable housing.

They're concerned the Conservative government is looking at ways to cut social spending. They expect cuts will be made to 600,000 rental units the government currently subsidizes nationally. Accord-

ing to the Canada Mortgage and Housing Corporation, the Harper government has already cut subsidies for 34,000 social housing units since 2006, and is predicted to cut another 104,000 by 2017.

"The badly housed and the homeless are in a dire situation," said Francois Saillant, co-ordinator of the FRAPRU march to Ottawa. "The cost of housing is rising, and more Canadians are spending half their income on rent. This is a major crisis."

"I want to tell Mr. Harper to give the poor of Quebec the money they'd spend on one F-35 fighter jet. That's enough to support 6,400 social housing units," added Normand Chabot of Quebec City.

DENIS ARMSTRONG/METRO



# City of Ottawa passes 2014 budget with 1.9% property-tax increase

#### **Unanimous decision.**

Mayor says tax rate is lowest in seven years

City council unanimously passed the 2014 budget Wednesday, their fourth and final before next year's election. Mayor Jim Watson touted its comparatively low price tag.

"We've accomplished a great deal together over our first three years and 2014 will be no different," he said. "We've restrained the tax rate to the lowest level it has been in seven years, at 1.9 per cent. We're applying the same limit to average transit fare increases and we will continue our \$14-million annual investment in our housing and homelessness investment plan."

Watson said he'll campaign next year on a similar property-tax cap, and the re-



quirement, brought in during this council, that councillors who want to add to spending must balance it out by finding

an equal amount to cut from the same area of the budget. "I think that system has worked well," he said. "I think it's given us the discipline that we don't start the budget process by simply adding things onto one side of the ledger. We actually have to come up with an equivalent cut so that we don't end up with 4.9 per cent increases, which was the hall-

#### **Budget 2014 highlights**

- Freezes garbage-collection fees at \$82 per household, and continues freezes on recreation fees, mayor and council office budgets.
- Spends \$45 million on road resurfacing in third and final year of \$340-million Ottawa on the Move program.

mark of the previous council."

Coun. Peter Hume managed to make one last minute addition to the budget, \$1.4 million for sidewalks and streetlights on Lynda Lane, near the Ottawa General Hospital.

The improvements, originally approved in 2003, were left out of the budget in error, for which Mayor Watson and Deputy City Manager Nancy Schepers apologized.

STEVE COLLINS/METRO



# Kraft Hockeyville shoots and scores, says NHLer

Are the bleachers on your community hockey rink crumbling?

Is your Zamboni an old tractor with a sprinkler?

If the answer is yes to any of the above, you should do what towns like Cornwall, Stirling-Rawdon or Dundas did — make a pitch to Kraft Hockeyville explaining why your rink needs \$100,000 in upgrades.

You may get more than just the cash, as the grand-prize winner will see an NHL game be played in your community arena.

It's something former Toronto Maple Leafs player Wendel Clark would have dreamed of as a kid growing up in Kelvington, Sask.

"All of a sudden, your small community gets two NHL teams there with their star players that you would maybe never get to see," Clark told Metro Wednesday.

"I think is huge and a lot of fun," said the former NHLer. Clark, who scored 367 goals in 888 games with the Leafs, Nordiques, Islanders and other teams, said community rinks are the fabric of small communities and without them



Canadian kids would be lost.

He noted that programs like Kraft Hockeyville are keeping hockey — and communities — alive in the country.

President of the Ottawa Senators Foundation Danielle Robinson said keeping kids active goes beyond indoor hockey, but to outdoor rinks as well.

Her foundation made a commitment in 2012 to build 20 outdoor rinks in the region. So far two have been completed, but Robinson said the city should be prepared for a "rink blitz" with five new rinks set to go up next year.

"Unfortunately there are neighbourhoods within our city where there is low income and, of course, with that comes lack of transportation and lack of resources for kids to get out and play in formal recreational sports," she said.

Kraft Hockeyville submissions open Jan. 1, 2014.

TREVOR GREENWAY/METRO



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#### Chaotic streets

## Police busy on city's first big snow day

Ottawa's first big snowfall caused havoc on city streets Wednesday morning, with police recording 46 accidents most of them during the morning commute.

Although Ottawa police responded to more than 40 collisions, spokesperson Chuck Benoit said the number is normal for the city's first big dump.

"It is average and it's the first one of the season, so as we get along during the season people start to get the education very quickly," said Benoit, noting that there were no serious accidents.

He added that most collisions were small fender benders or involved cars sliding into ditches.

"We are hoping that it reduces on the next one."

He is urging drivers to prepare to leave early on snow days, as being late adds stress and makes motorists "drive faster and brake harder."

Ontario Provincial
Police spokesperson
Const. Rheal Levac told
Metro that the morning
commute on Ottawa
highways "kept the guys
busy," Wednesday with
his officers responding
to more than 30 minor
collisions. He said he has
seen worse days.

Gatineau police were also busy Wednesday morning, clearing up 28 minor accidents from 5:30 a.m. until about 4 p.m. Spokesperson Pierre Lanthier said 19 collisions happened between 6 and 11 a.m.

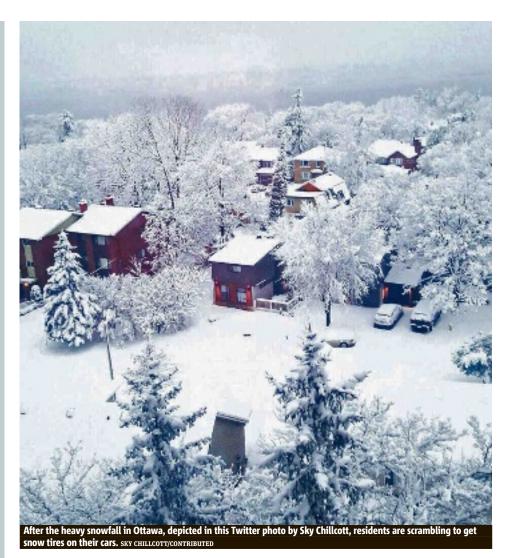
Environment Canada isn't predicting any more snow to fall overnight Wednesday and the city's street parking ban has been lifted.

TREVOR GREENWAY/METRO

#### Quoted

"It's the first one (snowstorm) of the season, so as we get along during the season people start to get the education very quickly."

Police spokesperson Chuck Benoit



# Ottawa drivers scrambling to get winter tires

A necessity. It isn't mandatory in Ontario as it is in Quebec, but maybe that's because Ottawa drivers seem to be sold on the idea already



TREVOR GREENWAY trevor.greenway@metronews.ca

Ottawa drivers are rushing to get winter tires installed on their vehicles after the city's first major snowfall dumped 20 to 25 centimetres on city streets, wreaking havoc on the Wednesday morning commute.

President of Frisby Tire, Don Frisby, told Metro he's having a hard time keeping up with demand.

"We have trouble answering the phones, they are just constant — phone calls and emails," Frisby told Metro on Wednesday.

Although his phone has been ringing off the hook, he said more and more people are choosing to install winter tires earlier than usual. He said he has been busy since mid-October

Winter tires aren't mandatory in Ontario, as they are across the bridge in Quebec, but Frisby doesn't think the province needs to make it a requirement.

"I think in places like Ottawa, I think it's happening just naturally," he said.

Frisby added that he tested both all-season tires and winter tires on a track and noticed a 30 per cent difference in stopping distance.

"There is just a huge, huge difference," he said.

"People that put them on don't go back to all-season tires once they try them."

Senior media liaison officer with the province's Ministry of Transportation Ajay Woozageer said there isn't enough evidence to suggest that mandatory winter tires will have "a significant impact on traffic collisions or injuries."

Therefore, the province hasn't considered making them mandatory.

"Drivers are encouraged to choose the most appropriate tires for their driving environment and adjust their speed to match the driving conditions," he said.



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# Cutting edge surgical technology on display at the Ottawa Hospital

**Training day.** Skills and Simulation Centre features lifelike dummies aspiring surgeons can train on before tackling real-life situations

#### DENIS ARMSTRONG

In one afternoon, I learned how to save a man — well, a surgical mannequin — in cardiac arrest, repair a torn meniscus using state-of-the-art arthroscopic knee surgery and diagnose an inflamed bowel at the Ottawa Hospital's Skills and Simulation Centre.

Imagine what a real doctor could do.

Flush with a \$600,000 gift from RBC regional president Jeff Boyd, hospital staff invited media to experience high-tech surgical mannequins that interns and surgeons use to learn the latest techniques.

The Ottawa Hospital is home to one of the most technically advanced surgical-simulation centres in North America, and trains young surgeons from all over the world.

At the Centre, surgeons can practise minimally invasive procedures — often called "keyhole surgeries" — such as tracheotomies and arthroscopies on lifelike dummies before they have to perform on the real thing.

"It's a little bit like a becoming a pilot. They feel more comfortable working in a reallife emergency after they've spent hours practising on a simulator," said the Centre's medical director, Dr. Viren N. Naik. "By undergoing simulations in a hospital environment, our medical residents get to perfect those very skills they will use on patients."

#### State-of-the-art

"This is the kind of technology that is making the Skills and Simulation Centre a place that residents want to train in."

Dr. Viren N. Naik, medical director of the Ottawa Hospital's Skills and Simulation Centre

The mannequins aren't cheap. Costing upwards of \$70,000 apiece, these lifesized silicone patients come wired with animatronics programmed to exhibit symptoms of distress, such as slurred speech and accelerated heart rate, which changes when the appropriate therapy is applied.

"This is the kind of technology that is making the Skills and Simulation Centre a place that residents want to train in," said Naik.



# Christmas in the ByWard (Market Free Wagon Rides and Christmas Choirs at William Square from noon - 4 p.m. every Saturday and Sunday starting Nov. 30 until Christmas! (Weather permitting) Shop Taste life Experience the ByWard Difference ByWard-Market-BusinessImprovement-free ByWard-Market-BusinessImprovement-free

# Crane operator swings into action, helps save woman

A 52-year-old woman was rescued from the Gatineau River Wednesday morning when she lost control of the vehicle she was driving on Rue St-Louis and skidded on the icy road.

A driver for mobile-crane company Gaetan Roy then called Gatineau police, paramedics and firefighters, who rescued the accident victim trapped inside the car with the help of the driver's crane.

She was later taken to hospital with only minor injuries and suffering from hypothermia.

Police re-opened Rue St-Louis after removing the car from the river. "The SPVG wishes to acknowledge the tremendous involvement of the driver of the truck company Gaetan Roy," said Gatineau police spokesman Const. Pierre Lanthier in a news release.

"This is a fine example of an involved citizen, who undoubtedly helped to save a life." DENIS ARMSTRONG/FOR METRO

#### Safe Driving Study

#### Car crashes up over 2% in Ottawa

Car collisions in Ottawa have increased 2.16 per cent over the last two years compared to the previous 24-month period, according to data from Allstate Canada's fifth annual Safe Driving Study. The city ranked 48th out of 50 communities studied.

The study looks at Allstate Canada customer claims data in Alberta, Ontario, New Brunswick and Nova Scotia over a two-year period from July 1, 2011, to June 30, 2013.

#### Charity vs. consumerism

#### Carleton gets into the giving spirit

Carleton University will join Canada in celebrating the nation's first GivingTuesday — a charity-oriented response to the consumeroriented Black Friday and Cyber Monday.

Carleton will ask its community to support any worthwhile charitable initiative on campus. Its goal is to raise \$15,000 in gifts in 24 hours. Carleton and its Alumni Association and other contributors have committed to matching every gift to a total of \$15,000 for a possible \$30,000. METRO

#### Embracing Diversity

#### N.Y. comedian to keynote Rainbow Youth Forum

The Ottawa Carleton District School Board will hold its ninth annual Rainbow Youth Forum Thursday at the Confederation Education Centre.

The theme for this year's forum is Embracing Diversity. Educators and students will interact with dynamic speakers, listen to inspiring stories and participate in workshops.

The keynote speaker is Sabrina Jalees — a comedian, actor and writer based in New York City. METRO

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#### Court arguments

#### Naked judge panel in spotlight as lawyers ask for a judicial review

Lawyers argued Wednesday over whether the Federal Court has the authority to review a panel looking into the case of a Manitoba judge whose nude photos ended up on the Internet.

Manitoba Queen's Bench Justice Lori Douglas' lawyers have sought a judicial review, alleging a panel investigating her is biased.

Last week, the entire committee of the Canadian Judicial Council looking at the Douglas case resigned

The committee has been examining Douglas over a 2010 complaint that she sexually harassed a man named Alex Chapman.

Chapman alleged that Douglas' husband showed him sexually explicit photos of the judge and posted those pictures on a website. THE CANADIAN PRESS

#### Teen charged

#### When a slap is not a game: Student suffered a concussion

An 18-year-old student in Tilbury, Ont., is facing assault charges after a schoolyard game left another student with concussion.

Police say a 16-yearold student offered to let classmates slap him for cash.

But after one slap he lost consciousness and struck his head on the ground. However, after being

However, after being slapped by an older student, the victim lost consciousness and struck his head on the ground. Police say the teen spent several days in a London hospital with a concussion.

The student who did the slapping has been arrested and charged with assault.

It's unclear how much money the victim received.

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LUKE SIMCOE/METRO ONLINE

# Generic 'hillbilly heroin' green-lit in Canada

Banned in U.S.
Officials approve India drugmaker's take on oxycodone despite warnings from experts south of the border

Health Canada has approved a more dangerous, generic, form of oxycodone just as U.S. officials urge their Canadian counterparts to ban such formulations of the painkiller, which is often known as "hillbilly heroin."

The green light to Ranbaxy, India's biggest drug maker, came soon after Gil Kerlikowske, director of the White House Office of Drug Control Policy, reminded Health Minister Rona Ambrose of the dangers posed by generic forms of the opioid.

The U.S. has banned generic oxycodone because it's too



Dxycodone is often referred to as "hillbilly heroin." The U.S. warns about its generic use. <code>graeme</code> roy/the <code>canadian</code>

easy for addicts to snort or inject. Only tamper-resistant forms of the drug can be sold.

Officials say the U.S. is dealing with a painkillerabuse epidemic that is killing tens of thousands a year. Ambrose has hinted she is looking into the issue of tamper resistance.

Health Canada defended itself, saying it "rigorously" assesses every drug's safety and efficacy. "These decisions are made by experts ... based on science; the minister is not consulted on day-to-day drug approvals," said spokesperson Leslie Meerburg.

THE CANADIAN PRESS

#### Some fast facts about oxycodone

#### What you need to know about oxycodone:

- What is it? A powerful narcotic used to treat moderate to severe shortterm or long-term pain, as well as to treat terminallyill patients.
- What does it do? It produces an opiate-like effect similar to morphine and can lead to abuse.
- Brand names? OxyContin, Percocet, Endocet, Oxycocet, Percodan, Endodan, Oxycodan,

**Rob Ford fuss: Judge** 

orders release of data

Supeudol, OxylR, OxyNEO.

How is it abused? Generic forms of the drug can be chewed or crushed and then inhaled or injected. The oxycodone is then absorbed rapidly and produces a heroin-like euphoria.

# \*

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tensive" police investigation into disgraced Toronto Mayor Rob Ford should be released as it is of "very significant public interest," a judge ruled Wednesday.

Portions of the police

Portions of the police document that were previously released showed former staffers alleged the mayor was intoxicated at work, drank while driving and associated with suspected prostitutes.

The document, containing allegations not proven in court, was filed in the drug case of Ford's friend Alexander Lisi, though it mostly focuses on the mayor.

The actual release is on hold until Dec. 6. The police investigation was launched to



probe allegations that a video showed the mayor smoking crack cocaine, which Ford has since admitted he did, likely in a "drunken stupor."

In his decision, Ontario

Superior Court Judge Ian Nordheimer said it's hard to conceive of a matter of more importance to the public interest.

THE CANADIAN PRESS

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#### LGBT clampdown. Russia heats up rhetoric at home, cools down message to West

Anyone who switched on Russian TV recently might have been forgiven for thinking the Kremlin was relaxing its hard line on gays: Images of rainbow flags and a happy samesex couple looking adoringly at their child flashed across the screen.

But the show, with its horror-film music, was another swipe at the gay community — not a gust of tolerance. The force behind it is one of Russia's top propagandists, whose programs have helped to bring criminal charges against others on President Vladimir Putin's unofficial black list.

The broadcast points to the double game the Kremlin is playing on gay rights.

To the West, Russia has sought to extend reassurances as it prepares to host the Winter Olympics that a law passed this summer banning homosexual "propaganda" does not discriminate against gays. To its domestic audience, the government has ramped up the anti-gay rhetoric, unifying its

#### The two Russias

#### "There is always Russia for Russians and then Russia for the West."

Anton Krasovsky, a TV journalist fired after he came out as gay, saying the government chose issues it thinks are topics close to Russians, but at the same time, is trying to win back credit in the international arena ahead of the Olympics

fraying electoral base with a popular refrain of traditional values.

The TV show by Arkady Mamontov — who made his name by taking a hatchet to punk rock group Pussy Riot and other opposition activists — is the latest example of Russia's unwillingness to back down from its legislative crackdown on gays. Champions of the law melted away when Western outrage reached a peak over the summer — but they are now back in force on national airwaves.



#### **Giant Louis Vuitton suitcase booted out of Red Square**

Tourists and visitors pass by a two-storey Louis Vuitton suitcase erected near the Kremlin, right, at Red Square in Moscow Wednesday. Politicians didn't like it and the public didn't like it, so the gigantic Louis Vuitton suitcase is being booted out of Red Square. The GUM department store, left, which is responsible for the nine-metre-high, 30-metre-long construction, promised Wednesday that it would be dismantled. The construction is part of an exhibition called The Soul of Travel, marking Louis Vuitton's 150th anniversary, which was to open on Dec. 2. Louis Vuitton said the construction was a copy of a model owned by a Russian noble. Prince Vladimir Orlov, Payel GOLOVKIN/THE ASSOCIATED PRESS

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#### ÉDUCATION PERMANENTE

# Berlusconi kicked out of Parliament

#### Not going quietly.

Former premier has relaunched his Forza Italia party and he still commands millions of loyal supporters

The Italian Senate on Wednesday expelled three-time expremier Silvio Berlusconi from Parliament over his tax-fraud conviction, ending his two-decade legislative run for now, but not his political career.

Berlusconi has warned that the unprecedented move would embarrass Italy internationally, and he maintained his defiance even as the Senate voted, addressing a cheering crowd outside of his Roman palazzo a short walk away.

Even though he won't hold a seat in Parliament for at least six years, the 77-year-old Berlusconi pledged to remain involved in politics and urged his followers not to despair — noting that other political leaders are not lawmakers.

Supporters, including Berlusconi's 28-year-old girl-



#### Bitter words

#### "We are here on a bitter day, a day of mourning for democracy."

Silvio Berlusconi

friend, who had a Forza Italia flag wrapped around her shoulders against the cold, were treated to a video montage of Berlusconi's greatest political hits from a career that began in 1994 when he first came into power with a political party named for a soccer chant.

"For us, he will always be there," said Marilda Antonello as she held a banner reading, "The law is not equal for everyone. Sick justice."

Italy's high court on Aug. 1 upheld Berlusconi's tax-fraud conviction and four-year prison term. The prison term was reduced automatically to one year under a general amnesty; he will serve his time either under house arrest or through public service.

THE ASSOCIATED PRESS



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Manitoba. Restaurant owner Thea Morris says she plans to leave the space by the end of December

For the second time in several months, a restaurant owner in the small Manitoba community of Morris says she is being chased out of town by discrimination.

Thea Morris, the Jamaicanborn owner of Thea's Diner, said Wednesday she has received an email referencing the Ku Klux Klan and has been told by one of her customers that people are avoiding her business because she is black.

And since the KKK email, some customers have been behaving strangely, she said. People who appear to be in

#### The town of Morris

"One older gentleman told me the reason people were not coming into my restaurant was because of my colour."

Thea Morris, the Jamaican-born owner of

their 50s and very well dressed come in, in groups of two or three, and quickly leave.

"They'll come in and sit down and order their beverage to start, and by the time you'd take the beverage to them, they would get up and walk out.

"It has come across as intimidating."

Morris opened her diner in June, in the exact same spot that used to house Pots N Hands, which was run by a gay couple.

Claringbould and his partner closed down in April. He said they were subjected to homophobic slurs, including one customer who asked whether the food contained disease.

Morris, who lives in Winnipeg, said she had hoped things would be different for her. Business was good in the summer, but customers mostly stopped coming at the end of August, she said. Then a series of strange events had her worried for her safety.

Someone left a dead hawk on the windshield of a worker's car, she said. When she placed an online ad for restaurant staff, she received a reply from someone who claimed to be linked to the Ku Klux Klan and who asked whether Morris residents were "still chasing colours" out of town, she added. THE CANADIAN PRESS



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#### Leaked document

#### NSA spied on radicals' online porn habits

The Huffington Post cited a secret National Security Agency document that allegedly reveals the U.S. agency spied on the online sexual activity of Islamist radicals in order to find ways to discredit them. The website said the document, leaked by ex-NSA contractor Edward Snowden, shows the organization tracked six unnamed "radicalizers" and their visits to pornographic websites. THE ASSOCIATED PRESS

#### Northern Ohio

#### **Chemical leak** sparks evacuation

A city official says authorities have contained a spill at a northern Ohio rail yard where potentially flammable liquid (used to make plastic and rubber products) leaked from a railcar, prompting the evacuation of hundreds of nearby homes. Cleanup workers from transportation company CSX Corp. were at the scene Wednesday in Willard. THE ASSOCIATED PRESS



#### Racers rally for women drivers in Saudi Arabia

Former Finnish rally driver, Ari Vatanen, left, and Tunisian rally driver, Hend Chaouch, second right in red, pose as they take part in a protest against Saudi Arabia's ban on women driving, in Paris on Wednesday. Though no specific Saudi law bans women from driving, women are not issued licences. They mostly rely on drivers or male relatives to move around. Christophe ena/the associated press



# Deadly collapse at World Cup opening venue

**Brazil.** The Sao Paulo stadium, which cost nearly \$360 million, is expected to seat nearly 70,000 for the opener

Part of the stadium that will host the 2014 World Cup opener collapsed Wednesday, killing two workers and aggravating already urgent concerns Brazil won't be ready for soccer's signature tournament.

Brazil has been plagued by a series of setbacks including cost overruns, stadium delays, accidents, labour strife and massive street protests in the run-up to the June tournament, once envisioned as a coming-out party for South America's largest nation, which is also scheduled to host the Olympics in 2016.

Wednesday's accident at Sao Paulo's Itaquerao Stadium occurred when a construction crane crashed into a 500-ton metal structure that in turn cut through the outer walls of the venue.

Already, public prosecutors and a workers union in Sao Pa-

#### Construction

It wasn't the first problem with World Cup stadiums in Brazil.

- One worker died during construction of a stadium in the capital Brasilia last year and another in the Manaus venue in March.
- In April, another worker

died at the construction site of the new Palmeiras stadium.

In Rio, the stadium which will host athletics in the 2016 Olympics has been closed for several months because of fears that its roof could collapse.

ulo were demanding an investigation into conditions at the venue.

Ricardo Trade, CEO of the local World Cup organizing committee, said authorities would determine if there is a need to suspend construction.

"There are seven months till the World Cup, not 10 days, so I don't believe this is going to cause delays. But there is absolutely no guarantee on this," Trade said in a telephone interview.

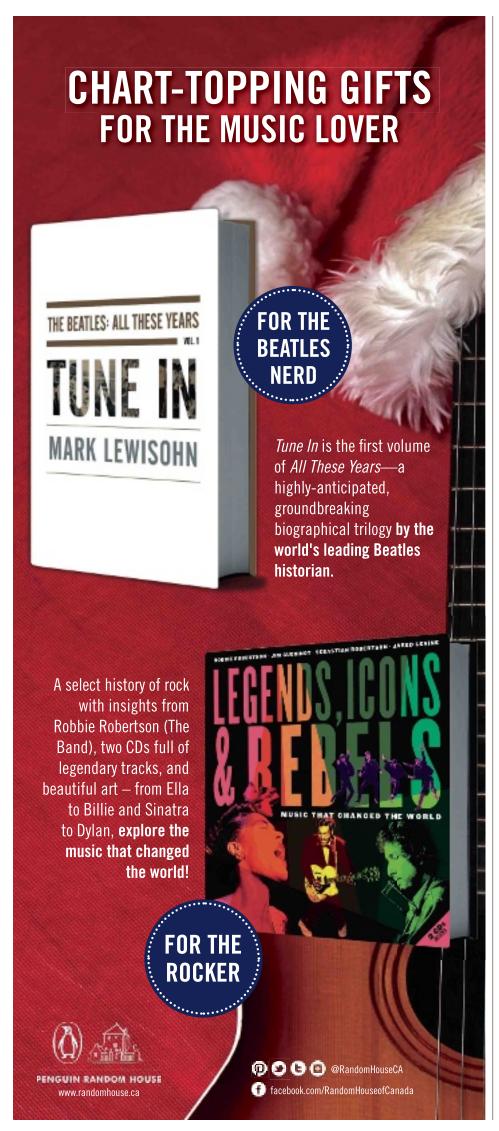
The accident could lead to recriminations between local organizers and world soccer's organization FIFA, which has set a December deadline for all 12 World Cup stadiums to be ready. The tournament begins June 12.

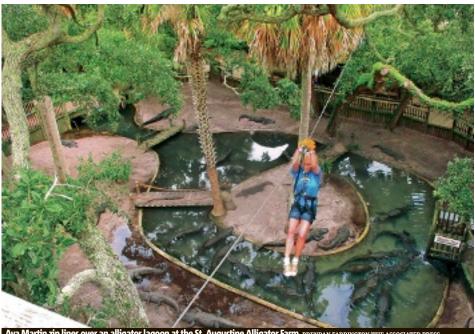
"I don't want to know about FIFA right now; we are worried about the families of the victims," said Andres Sanchez, former president of the Sao Paulo soccer club Corinthians, which is building the stadium. The club said workers will not return before a three-day mourning period.

One of the workers, 42-yearold Fabio Luis Pereira, was inside a truck that was hit by the metal structure. The other, 44-year-old Ronaldo Oliveira dos Santos, was resting in an area which was supposed to be off-limits.

THE ASSOCIATED PRESS







# Old zoo goes to new heights

Take a ride on the wild side. One of Florida's oldest tourist attractions brings in adrenalin junkies with obstacle course

I was slowly crossing a swinging log bridge when I paused, sensing the alligator 12 feet below was staring at me.

The water around the eight-foot gator's enormous body began rippling rapid-

#### Focus on commerce

#### Pushing 'economic diplomacy' top priority for Canada

The Harper government says it wants Canadian diplomats in foreign countries to re-channel their energies and resources into advancing the country's commercial interests.

Trade Minister Ed Fast has laid out a new strategic direction for Canada's foreign service called "economic diplomacy," a plan that's designed to put commerce at the heart of foreign policy. The goal is to improve Canada's lacklustre trade and investment performance in emerging markets. THE CANADIAN PRESS

#### "The most amazing. awesome thing I've done ever."

Ava Martin, 53, who lives just north of St. Augustine. She and her 21-year-old son Corey were taking the course for the second time.

ly. A second later, Big Al let out a deep bellow, as if to say, "If you fall, you're my lunch."

I was grateful to be strapped in a harness.

The bridge was part of a 49-station obstacle course

that includes 10 zip lines at the St. Augustine Alligator Farm. It takes visitors over crocodiles, lemurs, giant tortoises, vultures and, of course, lots of alligators.

"It's just a totally different perspective. You can go to any zoo in the world and look at them through the glass, but you can't go anywhere and look at them over the top of the enclosures like you can here," said Scott Brown, who designed and now manages the Crocodile Crossing at the zoo.

THE ASSOCIATED PRESS

#### m biz fact of the day

in part-time positions, year over year. WORKOPOLIS

#### Home mortgages

#### **CMHC** insurance could go: IMF

Ottawa should consider phasing out insuring home mortgage through Canada Mortgage and Housing Corp., the International Monetary Fund said Wednesday. THE CANADIAN PRESS

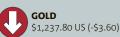
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**Douglas Coupland** 

Douglas Coupland's latest novel, Worst. Person. Ever., is available from Random House Canada.

Day 19

metronews.ca/temp

metre

#### Kitchen nightmares

#### There's no pay, but you can have all the abuse you want

Would you do a job where you weren't paid, were endlessly berated, forced to use dangerous equipment and denied proper medical help? Welcome to the life of a kitchen apprentice in the cutthroat culinary scene.

At times, it's like a reallife Kitchen Nightmares episode where even the most seasoned staff are berated to the point of tears.

"It is common for some cooks to be thrown under the bus by others because they don't want to look baď," one Toronto sous-chef explains of his early days in the industry.

IRENE KIJAN/METRO



Seasonal work

#### Santa: The ultimate temp

Seasonal work as Santa pays up to \$100 an hour, according to a PayScale survey. But all that non-stop cheeriness can take a toll. One Santa told the New York Post he wasn't able to leave his chair to go to the bathroom and got hit in the head with a frying pan by a scared child. VAWN HIMMELSBACH/FOR METRO

#### **Temp Hits an All-Time Low**

o you have a special place you go to when you're at an all-time low? Some people have a place, me I just drive and drive, past the strip malls, past the light industrial zones and past the fallow fields. After watching Kyle enter the refinery I began thinking of the world and how it's changed, even in my short life. Countries like Greece that used to be normal countries, now gutted of their middle class and overnight turned into something new and nameless, a land with no economy but with pretty good coffee and smoking hot Wi-Fi. I got to thinking of bubbles-how all we do these days is lurch from bubble to bubble. Are we in a new bubble? Is the bubble about to burst? I'm afraid of bubbles and I'm sick of bubbles-and yet I'm addicted to bubbles. Go figure.

I drove past the under-construction subdivisions that died in 2008, their 2x4s turned the grey colour of moths. I wondered if we're addicted to the idea that society without a middle class isn't really society. I wondered if maybe back in the days of Detroit, jumbo refrigerators and the Beatles we tricked ourselves into thinking that the middle class equals the future-and without a middle class we can't see pictures in our heads of what tomorrow might be. I find it strange how politicians repeat the words 'middle class' over and over and over again, as if doing so will allow us to pretend it still exists, that it's not evaporating daily like a puddle on a road.

Night came and I was anywhere and nowhere when my phone buzzed-it was Mr. Xuhe was back in town! And he had his big surprise all ready for me at his short-term corporate lodging suite. I couldn't remember the last time I was ever happier to get a text.

I drove to The Executive Privilege Short-Term Corporate Lodging, and ran to room 307 where the nerdy but lovely Mr. Xu awaited me.

"Ah, hello capitalist lapdog. You be ready for grand surprise?

"Shut up! I can't believe you're back!" I gave him a smooch and said, "Okay, dial me in. I am ready for your big surprise, buster."

"Apologize in advance if not good enough."

I drove to The **Executive Privilege Short-Term Corporate** Lodging, and ran to room 307 where the nerdy but lovely Mr. Xu awaited me.

"Show me your surprise!"

A dropcloth concealed what was supposed to be the main living area. Mr. Xu pulled it back and I bathed in the majesty of what I saw.

He said, "Pretty kickass sexy, don't you think?"

I sucked in some breath and said, "Mr. Xu, you have truly amazed me."

Before me, in beautiful rows and shelves, lay over a thousand unique pairs of sneakers that would crash eBay in a flash if they all went up for sale at once.

TO BE CONTINUED...



That's a lot of people lying: 21 per cent of resumés state fraudulent degrees

#### The clock is ticking



#### TEMP is ... well, temporary

Douglas Coupland's 20-day novella is a pop-up project and will disappear from our website this Monday at 12:01 a.m. EST. If you've missed an instalment, there are still four days to catch up at temp.metronews.ca before it is gone forever.

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can lose 10 to

15 per cent of

its value.

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# TIPS ON (COUGH) HACKING A COLD

Don't you hate when co-workers get over-detailed when describing their colds?

For instance, I've got a cold that started with a throat so sore that ice cream went down like broken glass and broken glass went down like jagged steel. Then it morphed into a sinus headache that I'm sure — any scientist reading can back me up — involved a small, angry man inside my head moshing to Shipping Up to Boston. And now it's the sneezy stage where I'm moulding a mound of used tissues into the mountain from Close Encounters of the Third Kind in the hopes that aliens will take me to a planet where the common cold has been defeated.

Who needs to hear that level of detail? Nobody.

Fortunately, my co-workers haven't had to worry about it because I've been on my couch for two days wishing I had a girlfriend who would come coddle me and/or kill me with an axe.

I've stayed home because I'm not one of those office heroes who somehow believes they contribute while laying comatose at their keyboard, occasionally blowing their nose with the mouse pad. I figure my one-day absence has less impact than a particularly diverting Google doodle spreading throughout the news-

During my down time, I've been reading how to avoid office colds. So in the fine tradition of has-been goaltenders telling current NHLers what they're doing wrong, or failed politicians explaining how to get elected, here are my tips on avoiding office illness:

#### Quitting Colds, Turkey: A Guide to Office Health

• Hand sanitizer is a misnomer, and can be used all over your body. Stepping under the wall dispenser and acting out a Miley Cyrus video until you're saturated head to toe will keep you

disinfected AND keep your co-workers at a good distance for the rest of the day. Win-win.

- Licking your workspace clean hurts as much as it helps.
- Remember that Vitamin Conly works in conjunction with magnetic bracelets, garlic, echinacea and, sure, why

- Though many people use sanitizing sprays, remember nothing gets your keyboard clean like dropping it into a bucket of water.
- Keep your hands clenched as fists so that every time you touch your face you punch yourself.
- A large hamster ball is probably not a practical way to cordon yourself off from co-workers, but it would be awe-
- Remember that in the bathroom, a 15-second, hot-water scrub is absolutely necessary when somebody is watching. If you think you're alone, waving your hands under lukewarm water for a second is fine. If the only other person is in a stall, just running the water is often enough to complete the illusion.
- Cough in the face of people who are already sick, because what's the harm?

And those are my tips. I hope you found them helpful, particularly my co-workers, because I'm coming in today. Sorry. On the upside, you're not going to hear any details about my cold. Cough, cough, ahem.

#### **ZOOM**

#### Here, let me give you an arm with that

John Mazerolle

metronews.ca



#### Man and machine get a little cosier

Think super-human strength is reserved for the big screen?

A team of engineers are encouraging you to think again after they developed the Titan Arm — a battery-powered robotic arm that gives users an extra 40 pounds in strength, and functions to rehabilitate those with back injuries by helping them to rebuild muscle and motor control. METRO

#### **Dyson award winner**

- The arm recently won the 2013 James Dyson Award, beating out 650 other projects from around the world.
- The team wins \$45,000 to help commercialize their idea, with an additional \$15,000 going to their
- jamesdysonaward.org

#### Inexpensive design

"Titan Arm is obviously an ingenious design, but the team's use of modern, rapid — and relatively inexpensive — manufacturing techniques makes the project even more compelling."

James Dyson said of the \$2,000 prototype, which is significantly less than similar exoskeletons that run \$100,000.

#### **Tech advances** make life easier

A team of four University of Pennsylvania mechanical engineering students spent eight months creating it.

The arm's shoulder is made of three joints that mimic the rotation of a human elbow, allowing for free range of use.

Plus it contains sensors that track motion and relay data to doctors for remote prognosis.





With Wi-Fi popping up everywhere from underground subways to in-flight planes, there's more reason to put your apps to work. Once the domain of cash-strapped students, texting over Wi-Fi's been gaining popular ground (cause who doesn't



like saving money on their phone bills?). Before your next flight or trip underground, give these a try.

#### WhatsApp:

Works on Apple or Android phones, WhatsApp is among the most popular and lets you send texts (including pictures) to your other 'whatsApp friends.' Only downside is, you have to convince all your pals to get the

Similar to WhatsApp, but lets you

#### Zipaclip:

For those who need a little more bandwidth for their texting needs, Zipaclip (as it sounds), lets you zip videos up to five minutes long, so you're no longer restricted to texting 30 second videos. Also, keeps them secure. Just in case.

send audio, video and even make VoIP

calls, too. Perfect for long distance

**@metropicks** asked: **@thehappycity book says urban** design that fosters social ties makes for a happy city. What makes your city a happy one?

@Canucklehead\_ca: An ample supply of beer and .... umm, I .... I'll have to get back to you on this.

**@Lowpass:** being able to walk everywhere and the restaurants, bars and other venues that come

#### Follow @metropicks and take part in our daily poll.

#### RE: When A Stalker Strikes Online, published Nov. 26

I'm appalled the police can't do anything faster or sooner. Can't believe what this poor woman has been through, first with her brother's suicide and now this. It's just awful. This stalker should be prosecuted so they can't follow through with their threats. KH posted to metronews.

Hiding behind a computer to threaten someone shows you're a real wimp, pretty pathetic and probably a low life. turtles have a say posted to metronews.ca

**VE WANT TO HEAR FROM YOU:** Send us your comments: ottawaletters@metronews.ca



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# Enjoy a brew and something new on a ride with Brew Donkey

**Taste the capital.** Get to know the region's breweries through new craft-beer tasting tours with budding local start-up company



BACKSTAGE

new local start-up is hoping to tap into Ottawa's love of craft beer one sip at a time. Owner and craftbeer lover, Brad Campeau, who used to run the mobile B. Goods Bakery, launched his newest venture, Brew Donkey, last month.

Brew Donkey is a craftbeer delivery service that also offers tours of local breweries and brew pubs.

"Over the last two-and a-half years, I've been finding myself more and more enamored with the craft beer that is out there and the craft-beer community, which is a beautiful thing - it's essentially one big brewery Kumbaya. Everyone is trying to help the other one," he says.

Brew Donkey's tasting tours offer local beer lovers a chance to get to know a little bit more about that community.

"There are nine to 10 breweries within the Ottawa region. We could go up to 12 if we go a little bit beyond (the Ottawa region)," Campeau said.

- As for deliveries, you can now start placing orders by phone or create an account at brewdon-
- With the holidays approaching, the tours will take a break until the New Year with the next tour scheduled for January 18,
- For more information, go to brewdonkey.ca.

once, so each tour we do has three to four of them and that includes brew pubs as well; essentially pubs that are making their own beer, whether it be in the basement, the back room or right in front of you.'

The last tour took patrons out to Beau's All Natural Brewing Company, in Vankleek Hill, and Cassel Brewery in Casselman.

Some of the other locations Brew Donkey tasting tours visit are Broadhead Brewing Company, Kichesippi Beer Co., Clocktower Brew Pub, Beyond The Pale Brewing Company and Ashton Brewing Company but Campeau says that list is growing all the time and new additions to the tour are always possible.

Part of the tour experience is, of course, sampling some fine local brews but, for the price of a ticket, \$35 per person, Brew Don-"We can't do them all at key also provides transpor-

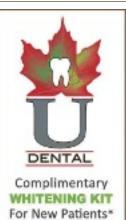


tation, some light snacks, bottles of water, tasting sheets (so you can remember what you drank at the end of the night) and edu-

cational sessions on the production of beers and the basics of tasting.

"It's something new, something that isn't cur-

happening might help to change the stigma that we don't do anything fun in Ottawa," says



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Thursday, November 28, 2013

SCENE 21

# While my guitar gently weeps: Book shows off rock 'n' roll's tear-jerkers

Call her Baby. 108
Rock Star Guitars book
celebrates beloved
instruments and their
battle-axe beauty

Sometimes, a picture is worth a thousand songs.

The supersized book 108 Rock Star Guitars (Glitterati Inc.) demonstrates that six-stringed instruments owned by celebrities and virtuoso sidemen can look as good as they rock. The 17-year undertaking by photographer Lisa S. Johnson partly benefits the Les Paul Foundation. Paul, the Rock Hall musician-inventor, wrote the foreword before he died.

Not a guitar geek? Don't fret.

Whether you define "pickup" as a truck, a dating technique or a guitar part, you can revel in the glitz-and-grit world where these prized possessions reside. The instruments (one's named Baby) evoke tender talk from macho musicians. But some of these battle-axe beauties have seen more action than a roller derby queen: They bear the gashes and sweat stains to prove it.

The author, who grew up in a musical family, underscores musicians' emotional attachment to their instruments. "I don't believe any serious musician feels that his instrument is an inanimate object," Tom Scholz of the group Boston tells Johnson.

Steve Vai, who went solo after playing with Frank Zappa's band, once described his guitar as "the voice of my heart" in moments of depression, euphoria and "divine love. ... I have cried, screamed, prayed and bled through that instrument."

The book lauds the instrument-makers, called luthiers, and the techs, along with the guitars.

Pawnshop wallflowers blossom into unbridled stardom. There are kaleidoscopic, patriotic and wildcat patterns; gorgeous maple and mahogany; and delicate carvings of leaves and acorns.

Some seem to revel in musical masochism, like Slash of Guns N' Roses' cigarette carelessness. As the story goes, the guitarist was "one with the music" while accidentally inflicting a "charred reminder of rock 'n' roll nirvana" on his guitar.

John Rzeznik (Goo Goo Dolls) resurrected a broken Stratocaster into a 4-string. The word "OUCH!" is splayed over its torso; it's now named Halfcaster.

"I was amazed when I threw the guitar in the air



and the top portion split right off," Rzeznik recalled via email. "I had my guitar tech take it to a luthier in L.A. who sanded off the rough edges and fixed the electronics.

"I used it on a song called Big Machine for a couple years after that. Surprisingly, the tone didn't really change; it was a cheap guitar that didn't sound that great to begin with. Ha ha!"

The appreciation of instruments as visual art is an ageold concept. They "may evoke status, identity, or indicate events — sacred or profane," comments J. Kenneth Moore, the Frederick P. Rose curator in charge of the Department of Musical Instruments at The Metropolitan Museum of Art in New York City. "They become sounding, tangible works of art — telling many stories of the life and times of those who used them," he said.

When Mom made young Nils Lofgren a Nehru jacket and bell-bottom pants out of drapes, he proudly stuck leftover fabric on his guitar so it matched his new suit.

The book also features

a famous, battered Fender Esquire owned by Lofgren's boss, Bruce Springsteen.

Willie Nelson's Trigger, named for movie-cowboy Roy Rogers' horse, bears dozens of autographs, including Leon Russell, Roger Miller, Kris Kristofferson, Gene Autry, Waylon Jennings and Johnny Cash. Trigger's top is worn clear through; Nelson chooses to leave it that way. "The two of them," notes the book, "continue to mature together." Life partners in perfect harmony.

THE ASSOCIATED PRESS

#### Ticket to rock 'n' roll heaven



Activist-musician Tom Morello (Rage Against the Machine) scrawled jarring jargon over drawings of happy hippos on his axe.



Willie Nelson's guitar, Trigger, has a hole worn through it, and is inscribed with dozens of autographs.



ZZ Top's Billy Gibbons' guitar is covered with fake fur.

# J.J. Abrams: Director, producer and now, novelist

#### Jack of all trades.

Director's first novel, S., is more than just your typical book

#### **EMILY LAURENCE**

Metro World New

When J.J. Abrams conceived the idea for S., he knew there was only one way to tell the story — and it wasn't onspecial effects or big-name actors. Abrams felt that the only medium that would work was a good old-fashioned book.

"It all started in LAX when

J.J. found a paperback book," co-author Doug Dorst tells Metro. "Someone had written a note to whoever was going to find it." The note got the gears in Abrams' brain turning, and he came up with the idea of telling a story within a story.

a story.
S. is not your average book. The pages look old and worn, with scribbles all over the margins. There are inserts of photos, postcards and letters tucked into the pages. It's presented as a novel called Ship of Theseus written by V.M. Straka. But the notes and inserts tell another story, between a female college senior

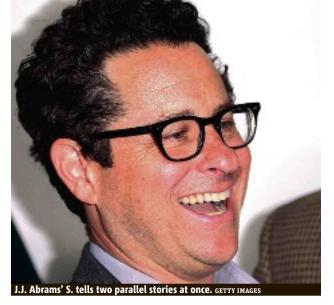
and a male graduate student who pass the book back and forth, leaving notes to each other.

Since writing a novel is a bit different from writing a script and Abrams was, you know, busy, he enlisted the help of acclaimed writer Dorst. "We spent the better part of a year talking about the characters, why they would pass the book back and forth to each other and the context of the notes," Dorst says. "Abrams told me, 'Go, run with it." Dorst would pass each chapter off to Abrams, who would then weigh in.

Telling two parallel stor-

ies with all the extras was no easy task. "There's a ridiculous amount of detail in the book," he says. "I didn't actually have a great system of keeping track of it. It was a lot of scribbled notes and keeping a lot of it in my head, which is not the most efficient way to work."

Despite not having everything figured out, Abrams and Dorst were on the same page (metaphorically speaking) the entire time. Though Abrams is familiar with screenwriting, where everything is mapped out beforehand, he adapted to the novel-writing process, letting



the story unfold as it was being written.

So, are Abrams and Dorst hoping their book will inspire people to forgo their Kindles and go back to buying hardbacks? "I just want people to read!" Dorst laments. "I don't think one form has to win out



# Brolin's a tough guy on and off the screen

**Gulp.** Oldboy star gained 28 pounds in 10 days, then lost it all again for role in gritty thriller



NED EHRBAR Metro World News in Hollywood

The catering staff at the press junket for Spike Lee's update on Oldboy has laid out a spread almost entirely made up of different kinds of dumplings, and Josh Brolin does not think that's very funny. (The dish is featured prominently in the film as one of the only things Brolin's character is allowed to eat during his mysterious 20-year imprisonment.) "I ate, I'd say, probably 200 dumplings or something like that," he says.

Oldboy asked a lot of Brolin's body in that his character goes from a bloated alcoholic to a lean and mean tool of vengeance after his imprisonment.

Of course, he didn't have 20 years to pull off the transition. "It was more about water retention, so I gained 28 pounds in 10 days, and then I lost 22 pounds in two and a half days. And then going through that and all the cramps of that, I was rehearsing the fight at the same time, which was not smart. So I pulled a lot of muscles and stuff that I'm still dealing with now."

That fight he's talking about is quite a doozy, an update on the original Korean film's single-take tracking shot of the film's hero taking out an army of goons with just his bare hands and a carefully deployed hammer. So obviously for the remake they had to up the ante a bit.

"That was five weeks of prep, and it was difficult, to say the least," Brolin says. "The fight, I think, is at least three times longer than the original fight. I was having a really tough time in the beginning, and then I panicked. And then I

#### Worth the pain?

#### "I'll never do it again because it killed my body."

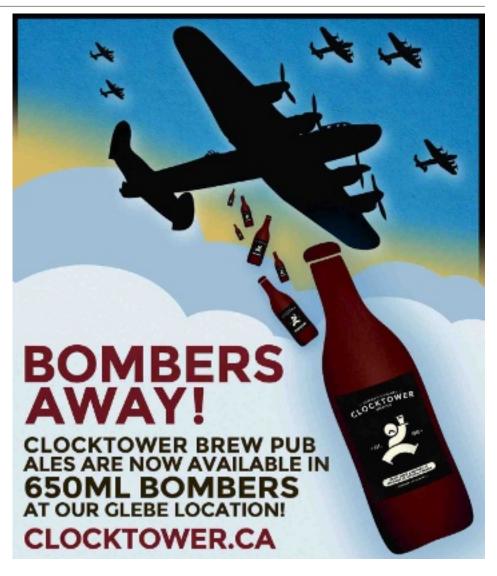
Josh Brolin

On losing weight while training for fight scenes in Oldboy

started working out a lot — like two hours in the morning and two hours at night between 12-hour days. So I wasn't sleeping a lot, which I think lent to the movie, too, because I was more emotional, I was more on edge, I felt more exposed, vulnerable, whatever."

That level of self-abuse paid off, apparently. "We did it in seven takes, and the seventh take was the one," he remembers. "I walked away after that and had a little moment to myself, had some tears and was just happy that a 45-year-old dude was able to pull that off. It was a geriatric moment that I had."





# Kate Bosworth takes on challenge of playing a drug-addicted mother

**Stripped down.** In Homefront, Bosworth wanted to show vulnerability, not just a villain



EHRBAR Metro World News in Hollywood

Kate Bosworth wasn't going to take the easy route in approaching her character for Homefront. She co-stars as a meth-addicted mom who sets her loose-cannon brother (James Franco) after Jason Statham's retired DEA agent after their kids get into a schoolyard brawl.

On a happier note, Bosworth got hitched this summer to filmmaker Michael Polish, and she couldn't be more satisfied with their home life.

The last time we spoke, we talked a lot about working as a producer as well as an actress to get projects going. How has that been going?

Well, I produced a wedding (laughs). Joking aside, I mean my life changed when I met my husband because he's a filmmaker, so our life is a constant production of films, and he also shoots a lot of my campaigns involved with the fashion side of things that I design. He sees the product that I've designed and he thinks about what that cam-

paign will look like and what the films will look like for it. So it's a continual creative household. When you have your partner, it's a fast track to things.

In Homefront, you're playing a fairly complex character who's actually a fully rounded human being, which you don't see a lot in action fare.

That was the challenge. I get asked a lot if the challenge was the physicality, and I didn't think twice about portraying someone and being truthful to how she would look. That strip-down was something that was required by the character and how she behaves and the abuse that she does to herself. The challenge for me was to maintain her dignity throughout the movie and not strip her of it even when sĥe's unsympathetic and selfish and has terrible behaviour. I know James kind of approached his "villain" character similarly in that when we were standing in front of each other it wasn't "the villain and the drug addict," it was a sister and a brother. There's that vulnerability that was really important to both of us for the characters, even though they do despicable things.

Well, she is a drug addict. Sure, but there's an easy pitfall to say, "She's a drug



addict, oh well." There's this kind of face value that you can easily fall into. The challenge was to make sure that the human side to her was present at all times as well as the drugs.

You have that great moment when she realizes the enormity of the events she's set in motion. It starts off almost like a PTA squabble. Of course (laughs). I figured that she comes in there every

Monday with a problem. She's an exposed nerve, so anything that rubs up against her — depending on how much she's been using and how much she has left — it's going to effect her

behaviour with people, and it normally would be explosive. Unless she's with her brother. Her brother and her kid are the two people that I thought that she quiets down with.





#### Baldwin loses his talk show but is still 'half' defiant over anti-gay slurs

Alec Baldwin has lost his talk show, which was officially cancelled by MSNBC in the wake of multiple controversies involving the former 30 Rock star, but Baldwin is still looking to set the record straight about what he may or may not have said to a photographer when he used an anti-gay slur. "I dispute half the comment I made," Baldwin tells the website Gotham-

ist. "'F—t' is not the word that came out of my mouth. That I know. But you've got the fundamentalist wing of gay advocacy — (GLAAD communications VP) Rich Ferraro and (blogger) Andrew Sullivan — they're out there, they've got you. Rich Ferraro, this is probably one of his greatest triumphs. They killed my show. And I have to take some responsibility for that myself."



## Hewitt's baby-marriage double kept on down low

Jennifer Love Hewitt likes to keep things quiet. The former Ghost Whisperer star gave birth to a daughter, Autumn James Hallisay, on Tuesday, and her rep used the birth announcement to sneak in the fact that Hewitt has also quietly married fiancé Brian Hallisay. "Jennifer Love Hewitt and her husband, Brian Hallisay, are thrilled to announce the birth of their daughter," her rep tells Us Weekly.

# METRO DISH OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



# Thanksgiving holiday conversations: The celebrity version



THE WORD Dorothy Robinson scene@metronews.c

What do the rich and famous do over the American Thanksgiving break? I have a feeling they are doing something fabulous and not doing what we do — hanging out in the townie bars in our hometown drinking cheap domestics with people from high school.

However, what if they did? For this special edition of The Word, Metro staffers imagined what kind of discussions the rich and famous have at their hometown hangs.

"Oh ... Kelly and Michelle ... Hi! Um, how long have you guys been bartending here?" — **Beyoncé** 

"So, do you text?" — Anthony Weiner

"I don't know, y'all. Have I made enough of a statement this year that I am finally a woman?"

— Miley Cyrus

"Guys, I know it's not like me to walk away from a fight, but if I get nabbed one more time for beating somebody up, I'll go away for a long time. Now, let's just chill, get another pitcher of Miller Lite and play some Keno."

– Čhris Brown

"Oh man, bro, last time I saw you, we were, what, in middle school? Can't believe it's been five years!" — Justin Bieber

"Wait, what?! You prefer the dark meat? Oh, hell no! Bartender, keep the White Russians comin' sugar ... " — Paula Deen



## Frightened Muniz suffers another mini-stroke

At 27 years old, Frankie Muniz isn't having the best time, health-wise. "Almost a year to the day, I experienced another mini-stroke," Muniz posted to Twitter. "Hopefully that will be the last. Miserable." A ministroke consists of tiny lapses in blood flow to the brain.

Last year he related to Good Morning America how frightening the experience can be: "I couldn't say any words," he said. "I thought I was saying them. My fiancée



was looking at me as if I was speaking a foreign language."

Twitter



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@lenadunham

Secret of human existence: I totally think I'm the worst, just for different reasons than you do



@SarahKSilverman

It's all meaningless but don't let yourself get hung up

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# One for under the tree, and another one for me

**'Tis the season to save** on style. Self-shopping becoming less of a secret shame as fashionistas embrace this optimal time to buy their beauty booty

Getting up early on Black Friday for a little shopping? Doing your part on Small Business Saturday and Cyber Monday, too? It's all in the name of gift-giving — or at least the guise of it.

It seems a lot of consumers are using these sales and retail events to treat themselves to a little something new.

As a group, self-shoppers are growing, says Marshal Cohen, chief analyst of The NPD Group, Inc., a consumer insight company. He puts the number at 20 per cent, up from five per cent in the early 2000s.

"I started tracking people shopping for themselves about 10 years ago. I was at a Black Friday in a Macy's in a suburban location in Long Island," he recalls. "This woman has one arm filled with a few things, maybe a dress and a few sweaters, and another with 12 items."

Guess which hand had the future presents for her two sisters and a friend?

It's a similar scene in Loft stores already this year, says Lori Leslie-Robbins, director of client experience for the retailer. "For us, the telltale sign that someone is shopping for themselves is that our fitting rooms stay busy for the holidays. She's trying clothes on, and you don't need to do that for a gift."

Leslie-Robbins overheard this past weekend a conversation between a sales associate and customer in the dressing room that went something like this: The shopper was in the dressing room choosing between a dress and a tuxedojacket-and-denim-jeans combo, and was taking seriously this choice of what to wear to a coworker's at-home holiday party. When the associate asked if she'd also considered a hostess gift, the response was, "I'm not there vet."

Because of the deep dis-



counts, shoppers see this as an opportunity to replenish their own wardrobes and homes with less guilt than buying the new pair of jeans, for example, at full price, Cohen says. Those same shoppers might not feel that way about a gift for someone else.

He says especially the earlybird holiday shoppers are looking for the sales for themselves, while the transactions made closer to Christmas are more likely to be bona fide gifts. He can also tell by what you're buying: If it's electronics or footwear, it's probably for you; fragrance is a go-to gift item, with 20 per cent of annual sales happening in the five days before Christmas, according to NPD.

Rachel DiCarlo is a fan of the one-for-me, one-for-you theory.

Jewellery and scarves, perfectly good gifts for others, are also the items she tends to buy for herself. Last year, she couldn't resist the initial necklaces she was buying for

so many others. "I was getting the Ls, the Js, and I thought, 'I should buy an R."

She is the vice-president of public relations at American Eagle Outfitters and, in her office, everyone tends to dress similarly. So, she says with a laugh, it makes sense to get for herself the shirt or accessory she is getting for the members in her team — although, everyone gets a different colour.

THE ASSOCIATED PRESS

#### You deserve a good deal

Many of the self-purchases Loft's Leslie-Robbins sees in stores are those that solve problems or have a focused end use — this tends to alleviate that pang of guilt, she says.

 A woman needs to buy herself the items no one else will buy her, right? muses Robin White, global press director of beauty brand Philosophy. There's also "the stuff you need" and "the stuff you enjoy buying."

She takes pleasure, for example, in a new tube of eye cream — it really makes her day, she says, but it's not quite what she'd want to unwrap Christmas morning. That makes it the perfect self-purchase.

#### Canadian street style

Spotted in: Vancouver

Name: Nikki

Age: 24

Occupation: Sales associate

#### What she's wearing

Jacket from Aritzia, vintage leather vest from Nouvelle Nouvelle, T-shirt from Cheap Monday, jeans and bag from American Apparel, shoes from Converse and sunglasses from Stella McCartney.

#### Her inspiration

"This is my Saturday outfit ... running errands."

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#### Twitter



SPACE
Jeanne Beker
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Kmas shopping in Kensington Mkt + went nuts at Model Citizen, Augusta St. Discovered Jewellery designer Kimberly Dale!



#### Soothe your winter skin with this make-ityourself mask



A little flakey in the facial region? Improve your complexion from the comfort of your own kitchen

#### TINA **CHADHA**

Step away from the work email. The holidays are you time, meaning all you should be doing is stuffing your face, sprawling out to a Scandal binge-fest and perhaps pampering your-self with an at-home beauty treatment. We like this simple recipe to combat dry winter skin from renowned facialist Joanna Vargas (her customers include Michelle Williams and Sofia Coppola). The best part: You most likely have these ingredients in your kitchen — meaning you can achieve glowing in

your pajamas, without leaving Olivia Pope's side. Because that is what holidays are about.

"Yogurt and honey are awesome ingredients for a reparative mask because the yogurt reduces inflammation in the skin while honey hydrates," says Vargas of the mixture. "It's an easy solution to soothe and improve skin throughout the cold weather season.

#### Hydrating mask recipe

#### Ingredients:

- 1/2 cup yogurt
- 1/2 avocado
- 1/4 honey

Directions: Combine all ingredients together in a small bowl. Apply with a sea sponge.

# The great gifting dilemma

A recent Match.com survey found most Canadians believe you should only give someone a holiday gift after dating for one to two months and you should spend between \$25 and

The survey also found younger Canadians are more likely to rush into gift-giving than older Canadians — singles between 18 to 34 years old wait only one to two months before picking out presents while singles over 65 wait at least six!

Match.com Canadian relationship insider Kimberly Moffit offers these tips:

METRO/ALL PHOTOS ISTOCK

#### Stage one: dating for less than one month? Spend between \$25 and \$50.



A nice bottle of wine

**Aromatherapy candles** 

#### Stage two: dating for one to six months? Spend between \$50 and \$75



A gentleman's shaving kit

A small bottle of her favourite perfume

#### Stage three: dating for six months to over a year? Spend \$75 to \$100 — at least!



Tickets to see his favourite sport team

A day at the spa

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MY OFFICE DOESN'T HAVE A DRESS CODE FOR THEIR CHRISTMAS PARTY. HOW CASUAL IS TOO CASUAL FOR AN OFFICE PARTY? - JS

With the holiday season upon us, and Christmas parties galore, the best way to address the dress code is with separates! Look for skirts and tops instead of opting for dresses. This will give you the most options without breaking the bank, and the ability to dress your look up or down more easily. ZARA is a great place to shop for all of your holiday wardrobe needs!

I LOVE WEARING LEATHER & SUEDE BOOTS IN THE WINTER, BUT THE SALT & SAND ALWAYS MAKE A MESS OF THEM. HOW CAN I PROTECT MY BOOTS TO STAY STYLISH & WARM?-CM

There's nothing worse than putting on beautiful boots at the beginning of the day and  $oldsymbol{\mathsf{H}}_ullet$  getting home with them covered in salt stains! Fortunately for us, Aldo carries a great line of shoe care, including protectors and cleaners. My favourite item from Aldo is their shoe wipes. A small enough package that you can carry in your purse as soon as you see a little salt, just pull out a wipe, give your boot a gentle rub and it's gone! They're great for stocking stuffers too!

MY DAUGHTERS (13 AND 15) & I CONSTANTLY DISAGREE ON THEIR WARDROBE. WHERE CAN I FIND CLOTHES FOR THEM THAT ARE TRENDY BUT ARE DECENT (NOT TRASHY)? - VC

For trendy, and age appropriate clothing for your teens look no further than H&M! ■ They carry a huge array of items that your kids will love, at prices that will keep you smiling. With a selection that ranges from casual wear, to outerwear, to festive looks for the holidays, H&M will be your new family favourite! Stop by tomorrow for incredible Black Friday savings throughout the store!

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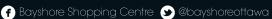
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# Tartan it up for the holidays

Plaid is one of the most popular patterns during the festive season — the clean lines look great in both modern and traditional interiors, and they're a perfect way to add variety to a room with solid colours (so long as you remember to never mix plaids together). From tabletop items to wallpapers, there's a wide array of accessories that bring a touch of the old clan to your home.









Stay warm during those cold nights. Nordic Plaid Duvet Cover Set, \$75, simons.ca.

Punchy colours modernize the season's favorite pattern. Lord & Taylor Buffalo Plaid Duvet Cover, \$69-89, thebay.com.



Scotch and soda never went down so easy. PC Tartan Glasses, four for \$9, Real Canadian Superstore.





Wheel Cover, \$15, canadiantire.ca.

Add bright colours underfoot. Modern Plaid 5x8 foot Wool Rug, \$450, cb2.com





metronews.ca Thursday, November 28, 2013 **FOOD** 

#### Usher in the holiday baking season with rich Lemon Walnut Bars

- 2. In a small saucepan over low heat, melt the butter (or melt in the microwave for about 30 seconds on high).
- **3.** In a large bowl, combine the oats, flour, sugar, coconut, ground walnuts and baking powder. Pour in the melted butter and mix with a spatula or large spoon until the butter is evenly distributed. Press half the oat mixture into the prepared pan firmly and evenly.
- **4.** In a medium mixing bowl, whisk together the condensed milk and lemon juice until fully combined and slightly thickened. Pour the lemon mixture over the base. Use the back of a spoon or a small offset spatula to spread the filling evenly across the base. Sprinkle the remaining half of the oat mixture over the filling.
- **5.** Bake in the preheated

- 1/2 cup butter
- 1 cup large-flake rolled oats
- 1 cup all-purpose flour
- 3/4 cup dark brown sugar
- 1/2 cup unsweetened shredded coconut
- 1/2 cup ground walnuts
- 1 tsp baking powder
- 1 300 ml can condensed milk (about 1 1/4 cups)
- 1/2 cup lemon juice, freshly squeezed (about 2 lemons) You Will Need
- (9- x 9-inch) pan buttered and lined with parchment

oven for 22 to 25 minutes or until the top is a golden

- **6.** Remove from the oven and allow to cool completely in the pan.
- 7. Run a small knife along the two edges of the pan that do not have parchment



handles. Carefully remove the slabs from the pan and cut into approximately 2- x 2-inch bars. Make sure to use at least a 10-inch knife to

avoid cutting and dragging the knife across the bars. RECI-PES EXCERPTED FROM BUTTER BAKED GOODS. COPYRIGHT © 2013 ROSIE PUBLISHED BY APPETITE BY

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Cookbook of the Week

#### Get to sifting



Before it was a book filled with 100 recipes, Butter Baked Goods was (and still is) a tiny bakery in Vancouver. Opened by the author of the book, Rosie Daykin, it is known as the home of the very best gourmet marshmallow in North America.

In Butter Baked Goods, Daykin shares homemade treats and childhood favourites through instructions that are easy to follow.

Among the delicacies in the book are: Butter's Chocolate Cake, Red Velvet Cupcakes, Peanut Butter Balls and more, **метко** 

#### **Dessert. Vanilla Shortbread**

- **1.** Preheat the oven to 325 F.
- **2.** In a stand mixer fitted with a paddle attachment, cream the butter and icing sugar on medium to high speed until light and fluffy. Scrape down the sides of the
- **3.** Turn the mixer to low and

add the flour and mix until just combined. Scrape down the sides of the bowl. Add the vanilla and mix to combine.

**4.** Place dough on a lightly floured work surface. Use a rolling pin to roll out the dough to about 1/4 inch thick. Use the circular cutter to cut out 24 circles. Transfer

• 1 cup butter, room temper

- 1 cup icing sugar • 2 1/4 cups all-purpose flour
- 2 tbsp pure vanilla

to the prepared cookie sheets and place about 1/2 inch • 1/2 cup granulated sugar, for dusting

#### You Will Need

- 2 cookie sheets lined with parchment paper, 2 1/2-inch circular cutter with scalloped edge
- **5.** Bake in the preheated oven for 15 minutes or until the cookies are lightly golden brown around the edges.

**6.** Remove the cookies from

oven and sprinkle the cook-

lated sugar while still warm. Transfer to wire racks to





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# Expert offers no-bull tactics to scoring best Black Friday deals

Run, bargain hunter, run. If you are brave enough to participate in a crush of crazy shoppers this Friday, you need some tips

#### LUNDAGER

ws in New York

If you look up Black Friday on YouTube, you're bound to find a lot of videos with terrible titles like Black Friday Fights, Black Friday Disasters or Black Friday 2012 Madness. But the horrifying stigma of this day doesn't seem to scare the thousands of brave shoppers who voluntarily run with the big box store crowd, fighting for killer deals on last year's food processor.

As with all other extreme sports, you need to prepare for Black Friday shopping. We went to the best: Mark Hellmann Regouby.

Is Regouby an experienced Black Friday shopper? Not really. But he'll do you one better. He's the founder of the travel company Running of the Bulls, Inc., which puts tourists up close and personal with the animals at the annual event in Pamplona, Spain. Here's his advice for braving big crowds.

#### Before you go in

"We tell them ... watch the Bull Run first so they can see how it works and understand the flow of the people and the bulls and make their strategy from overviewed conditions," he says. This is where

the aforementioned YouTube search for Black Friday videos will come in handy. But the preparation doesn't stop here. If you were planning to hit the bottle to take the edge off of Black Friday shopping, you'd better think twice. "The No. 1 rule is to arrive sober," Regouby says. "No. 2 is to get a good night's sleep. No. 3 is to have 360-degree awareness. Always try to be aware of who is in front, behind and beside you. Really get a sense of being in the place."

#### Surviving in the heat of battle

"The best runners always say you stake out your territory," says Regouby. "You use your arms and don't let anybody get too much in your way. Swing your arms and keep in your elbows to make sure you've got your own space that you need in order to run without tripping."

This sounds extreme, but seriously, do you want that food processor or not?

#### If you go down

There have only been 15 deaths since the beginning of the Bull Run in Pamplona in 1910, but broken wrists and bloodied chins are the norm. According to Regouby, there are more falls and injuries because of humans tripping over each other than because of the bulls. We can, with some certainty, say the same about Black Friday, except

that the National Retail Federation in the U.S. — the homeland of Black Friday — has only reported one

'The most im-

trampling death: In 2008 a Walmart employee was crushed in a stampede. So what do you do if you go down?

portant rule of

all is if you go down, stay down. The bulls are actually talented at stepping over obstacles and as long as you cover your head and stay down and don't move, they can plan to step over you."

We can only hope the same counts for the herds at Best Buy and Target. Actually, we're going to say that the people waiting in the cold to buy stuff at discount prices are NOT talented at stepping over obstacles, so we advise just trying to roll

#### When you succeed

Regouby says that a run like the one in Pamplona is for people who want to be in touch with their own mortality and live their lives to the

"I have [run with the bulls | four times and it's still pretty incredible," he "You arrive in this huge arena and the sun hits your face and the air is fresh again, and you can't believe you are alive.

That sounds a bit like waking up way too early and hauling bags of discounted goods to the parking lot, realizing all of your arms and legs are intact, right?

While Black Friday is a relatively new shopping event in Canada, the day's quick rise in popularity among Canadians is having an impact on Canuck retailers' holiday sales strategy. Consulting firm Accenture recently released the results of a survey into the habits of Canadians when it comes to Black Friday. Here are some findings:

- Hungry for the best deals. Almost two thirds of Canadians surveyed plan to shop at U.S. retailers, online or in-store, on Black Friday and throughout the holiday season.
- Boxing Day. Is still believed by many (44 per cent) to offer the best deals of the season in Canada, Canadians feel retailers in Canada are not doing enough to compete with U.S. stores on Black Friday.
- Go south. When Canadians surveyed were asked when they believed they would see the best deals of the holiday season (either in Canada or the U.S.), Black Friday in the U.S. was cited by almost half (42 per cent), while less than a quarter (23 per cent) said the best deals were to be had on Black Friday in Canada.
- Bust down the door. More than a quarter of Canadians (27 per cent) would shop in a store on Black Friday because they want to take advantage of special door buster

This year Black Friday. Next? Pamplona, ISTOCK



# BLACK FRIDAY SALE DOORS OPEN TOMORROW AT 9:00 AM

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Instant Print Kiosk November 29-December 2nd, 2013 Offer applies to 4x6, 5x7, 6x8, 8x10 and 8x12 inch flat prints including



#### SALE STARTS MIDNIGHT ONLINE www.henrys.com/BLACKFRIDAY

Quantities limited. Offers valid November 29th to December 2, 2013 on in-stock items only. Sorry no exchanges or refunds on November 29th. Henry's Price Protection does not apply to limited or minimum quantity items or limited time offers. For more information, please visit www.henrys.com

**Orleans:** 2012 10th Line Road Tel: (613) 830-8500 Nepean: 540 West Hunt Club Rd. Tel: (613) 224-0649



# After shopping, it's a wrap!

#### Odd-shaped gift

Booze, lotions and bubble bath are all popular gifts, but they're also round. Instead of trying to wrap it into a hot mess, try this creative solution.

#### What you need:

- Two pieces of coloured tissue Clear plastic bag
- Three pieces of coloured ribbon

#### How to do it:

Place two pieces of the same coloured tissue on top of two others, creating a T-shape. Lay the gift down in the middle of the tissue. Fold the bottom of the tissue upwards and then the sides over, creating a cone around the gift. Place the cone in a plastic bag and tie the ribbon just above the top of the gift. Curl the ribbon with scissors and adjust the excess paper "poof" on top. Ribbon curling tip: Look to see how the ribbon curls naturally, and drag the scissor blade down the same side to get a tight curl effect.













# If you see your boss, just hide in a bin of pillows.

Join us tomorrow for **Black Friday at IKEA** to take advantage of these amazing one-day only offers.



VÄRMDÖ solid wood rocking chair Was \$149 \$40\*

Limit 2 per customer



EXPEDIT shelving unit Was \$79.99 \$399\*

Limit 2 per customer



LACK side table Was \$9.99-\$12.99/ea \$4.99/ea\*

Limit 4 per customer



50% all soft toys

Limit 10 per customer

Visit **IKEA.ca/BlackFriday** for details. While supplies last. Doors open at 10am.



metronews.ca Thursday, November 28, 2013 **BLACK FRIDAY / CYBER MONDAY** 

Not all gifts come in the shape of a box that's easy to wrap. Let's face it, even boxes are hard. Ever wonder how Aunt Doris gets her corners so crisp? Not sure how to wrap an awkward-shaped present? Elana White, owner of Toronto gift shop Outer Layer, shares four novel ways to wrap yours up this holiday season.

**MAE BOWRING** 

#### Traditional box

Board games, shoeboxes - you're laughing because you think this wrapping job will be a cinch. But it's not. Where people go wrong, White says, is having too much wrapping paper.

#### What you need:

- Holiday wrapping paper
- Scissors
- Clear tape

#### How to do it:

After taping the paper together length-wise, tackle the sides. The wrapping paper should only come halfway up the gift width-wise, White explains. Ready for the secret trick? Fold the top of the paper all the way down, enforcing a crease on either side. That should make it easier to tuck in the sides, followed by the bottom. From there you need one small piece of tape to hold it together. Repeat on the other side.



Have a bunch of small items that will fit into a gift bag? Bags are great but people tend to go overboard with tissue paper trying to make it look pretty, says White.

#### What you need:

- One festive bagFour pieces of coloured tissue, two different colours
- Coloured ribbon

#### How to do it:

Put gift inside the bag. Make a T-shape with the two colours of tissue and put the brighter coloured tissue on top. Pinch the middle of the tissue and give it a shake upside down. It will create a nice Vshaped "poof" that will fill up one side of the bag. Repeat and place the second "poof" on the other side of the bag. The trick, White says, is doing more with less. "We always train new people on how to do the poof." Tie bag handles shut with ribbon and gently curl it so that the ribbon cascades down the side of the bag.





#### Basket

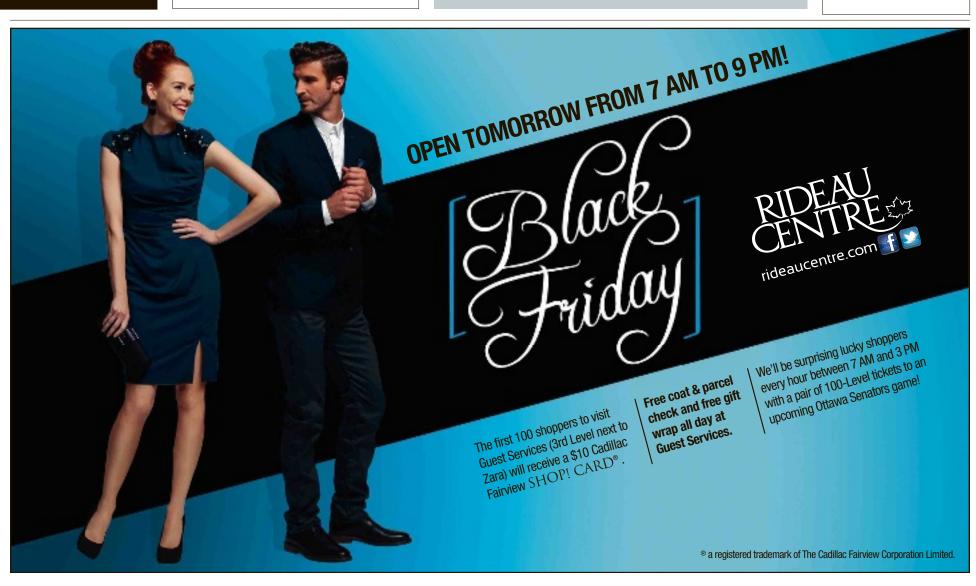
If your gift has a theme that's too pretty to hide, a basket is another option.

#### What you need:

- A basket
- Newspaper
- Colourful shredded
- Roll of clear cellophane
- Ribbon

#### How to do it:

Fill the bottom of the basket with newspaper and place the shredded paper on top. This will prevent the items from falling into the basket and out of sight. Place each item on top of the shredded paper at an angle, starting from the back to the front. Cover the basket in cellophane and tie it together with ribbon toward the back of the basket. Cut excess cellophane away and gently curl ribbon.



34 SPORTS metronews.ca Thursday, November 28, 2013

# SPORTS



#### Senators get last leap over Capitals in Washington

Capitals centre Michael Latta jumps over Senators forward Bobby Ryan on Wednesday night in Washington. The Sens went on to win 6-4. Go to metronews.ca for details. ALEX BRANDON/THE ASSOCIATED PRESS

# Over 200 ex-NHLers to join lawsuit: Lawyers

Concussions. Names not yet made public, but list of plaintiffs set to grow exponentially

The original concussion lawsuit against the NHL included 10 former players, and that number has already grown.

More than 200 players have joined, according to lawyers Steve Silverman and Mel Owens, who are at the forefront of the suit.

Owens, an NFL linebackerturned-disability lawyer said in a phone interview Wed-

#### Quoted

"They just haven't been named yet. They're going to be there." Lawyer Mel Owens

nesday that "hundreds" of ex-NHL players are going to become part of the suit, which was filed in U.S. federal court in Washington on Monday.

"These are 10 players, but there's hundreds of guys that, they're in the lawsuit," said Owens, who works for NBO Law in Beverly Hills, Calif.

A list of the 200-plus players was not made available when requested.

Sportsnet.ca was the first

to report that more than 200 players joined the effort, which began with 10 players: Gary Leeman, Bradley Aitken, Darren Banks, Curt Bennett, Richard Dunn, Warren Holmes, Robert Manno, Blair James Stewart, Morris Titanic and Rick Vaive. Former New York Islanders centre Bob Bourne joined shortly after the suit was filed.

Leeman and Vaive in recent days have politely declined comment about their involvement, deferring to Silverman and Owens, who said he did not know how many players would wind up being a part of it.

"I don't know how many living alumni there are in the NHL that have these significant problems," Owens said. "I don't know that. But like in the NFL, it just matured over time. Once the players find out that, 'Oh, there may be hope for me. I might be able to get some help and some treatment to address my quality-of-life issues,' I'm sure they'll be in contact."

THE CANADIAN PRESS

#### CFL

#### RedBlacks announce trio of first signings

General manager Marcel Desjardins and the Ottawa RedBlacks announced the first signings in team history on Wednesday.

Six-foot-four, 200-pound wide receiver Fred Rouse, 6-2, 222-pound defensive back Nick Turnbull and 6-2, 225-pound defensive end DiMetrio Tyson have signed deals with the team slated to join the CFL in 2014.

"We recognize the historic significance of these signings and it's an important first step for our franchise," said Desjardins in a statement. "Having said that, we're continuing the work of building a competitive football team for Ottawa and REDBLACKS fans."

The CFL Expansion Draft goes Dec. 16.

#### World Cup

#### Guay the man to beat in Lake Louise

Canada's Erik Guay was the fastest in training for the season-opening men's World Cup downhill.

The Mont-Tremblant, Que., native posted a time of one minute 50 seconds in the first of three training runs for Saturday's downhill in Lake Louise,

THE CANADIAN PRESS

#### Alpine skiing

#### Vonn not sure she'll make Sochi

Lindsey Vonn remains unsure just what effect her latest knee injury will have on her Sochi Olympic hopes.

Asked in an interview on NBC's Today show Wednesday if she can put the kind of pressure on the knee she will need to train and make it to Sochi in February, Vonn replied: "To be honest, I don't know."

The reigning Olympic downhill champion crashed during a training run in Copper Mountain last week and partially tore a reconstructed ligament in her right knee.

THE ASSOCIATED PRESS

#### Olympic hockey. IIHF moves roster deadline back

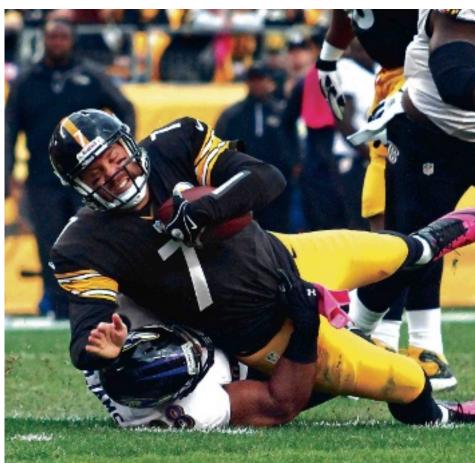


The roster deadline for the 2014 Sochi Olympics has been pushed back to Jan. 7, the International Ice Hockey Federation announced.

Originally, national federations had until Dec. 31 to submit 25-man rosters for the tournament, which begins Feb. 12. Russia and other European countries were lobbying for a later date and got their wish.

Now teams have until noon Eastern on Jan. 7 to make their rosters official. That's a little extra time to take injuries into account, like Canada with Steven Stamkos's broken tibia.

The NHL and NHLPA agreed to compromise with the IIHF on the deadline after several countries pushed for it to be even later, according to a person with knowledge of the situation. THE CANADIAN PRESS



Ravens defensive tackle Brandon Williams sacks quarterback Ben Roethlisberger during the Steelers' 19-16 win on Oct. 20 in Pittsburgh. The rivals meet again in prime time on Thursday night in a game with playoff implications.

# AFC North rivals have bone to pick on Thanksgiving

**NFL.** Big game on U.S. holiday caps short week for Steelers, Ravens

The last time the Baltimore Ravens played on U.S. Thanksgiving, coach John Harbaugh gathered the family together for a game against brother Jim and the San Francisco 49ers.

Two years later, Harbaugh and the Ravens will spend the holiday with their most bitter rival.

It doesn't matter that Baltimore (5-6) and the Pittsburgh Steelers (5-6) both have losing records. Both teams have plenty of motivation, because Thursday night's game has playoff ramifications. Plus, these AFC North

#### Fast facts

- The Ravens are 4-1 at home this season compared to 1-5 on the road.
- Ravens linebacker Terrell Suggs has more sacks (16 1/2) against Pittsburgh's Ben Roethlisberger than any other quarterback.
- Steelers rookie running back Le'Veon Bell burned the Ravens for a careerhigh 93 yards the last time the teams played.

foes almost always engage in a hard-hitting, trash-talking, closely played affair.

"It's always a cool week when you go against these guys," Ravens quarterback Joe Flacco said. "It's been a good game for the last handful of years, and it's always a challenge getting ready on a short week. But they have the same issues. It should be a lot of fun."

Since Harbaugh took over the Ravens in 2008, Baltimore has faced Pittsburgh 13 times, including twice in the playoffs. Nine of those games were decided by three points, including the Steelers' 19-16 win last month.

"It's just an intense rivalry," Pittsburgh wide receiver Antonio Brown said. "Great defence is played. I think everyone understands the urgency of the game. It's just iron on iron. It's always a tough battle, and it always comes to the fourth quarter and to the end of the game."

THE ASSOCIATED PRESS

#### NHL

#### EASTERN CONFERENCE

ATLANTIC DIVISION										
	GP	W	L	0L	GF	GΑ	Pt			
Boston	24	16	6	2	68	46	34			
Tampa Bay	24	15	8	1	72	61	31			
Toronto	24	14	9	1	66	60	29			
Detroit	25	11	7	7	63	70	29			
Montreal	24	13	9	2	64	51	28			
Ottawa	24	9	11	4	68	77	22			
Florida	25	7	13	5	56	81	19			
Buffalo	25	5	19	1	44	79	11			

#### METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	25	15	9	1	72	58	31
Washington	24	12	10	2	72	68	26
NY Rangers	24	12	12	0	48	59	24
New Jersey	24	9	10	5	50	58	23
Carolina	24	9	10	5	49	67	23
Philadelphia	23	10	11	2	50	56	22
Columbus	24	9	12	3	62	71	21
NY Islanders	24	8	13	3	68	82	19

#### Wednesday's results

Nashville at Columbus
Winnipeg at NY Islanders
Ottawa at Washington
Montreal at Buffalo
Carolina at New Jersey
NY Rangers at Florida
Philadelphia at Tampa Bay
Toronto at Pittsburgh
Boston at Detroit
Phoenix at Minnesota
St. Louis at Colorado
Chicago at Calgary
Los Angeles at San Jose
Tuesday's result
Dallas 6 Anaheim 3
Thursday's games — All times Eastern
Vancouver at Ottawa, 7:30 p.m.
Edmonton at Nashville, 8 p.m.

Friday's games
Winnipeg at Philadelphia, 11:30 a.m.
NY Rangers at Boston, 1 p.m.
Pittsburgh at Tampa Bay, 4 p.m.
Detroit at NY Islanders, 4 p.m.
St. Louis at San Jose, 4 p.m.
Galgary at Anaheim, 4 p.m.
Montreal at Washington, 5 p.m.
Colorado at Minnesota, 6 p.m.
Edmonton at Columbus, 7 p.m.
New Jersey at Carolina, 7 p.m.

Toronto at Buffalo, 7:30 p.m.

Chicago at Dallas, 8:30 p.m.

#### WESTERN CONFERENCE

CENTRAL DIVISION										
	GP	W	L	0L	GF	GΑ	Pt			
Chicago	25	17	4	4	92	71	38			
St. Louis	23	17	3	3	82	50	37			
Colorado	22	17	5	0	69	45	34			
Minnesota	25	15	6	4	64	58	34			
Dallas	23	12	9	2	67	68	26			
Nashville	24	12	10	2	56	69	26			
Winnipeg	26	11	11	4	69	76	26			
PACIFIC DIVISION										
	GP	W	L	OL	GF	GΑ	Pt			
A L . *	~=	4-	_	-	~~	74	-			

	GP	W	L	OL	GF	GΑ	P		
Anaheim	27	17	7	3	83	71	3		
San Jose	23	15	3	5	79	52	3		
Los Angeles	25	16	6	3	67	53	3		
Phoenix	24	14	6	4	80	78	3		
Vancouver	26	12	9	5	67	68	2		
Calgary	23	8	11	4	64	84	2		
Edmonton	25	7	16	2	65	89	1		
Note: 2 points for a win, 1 point for									

#### overtime loss.

SCORING LEADERS									
	G	Α	P						
Crosby, Pit	13	18	3:						
Steen, StL	19	10	2						
Getzlaf, Ana	13	15	2						
Zetterberg, Det	10	18	2						
Ovechkin, Wash	20	7	2						
Tavares, NYI	10	17	2						
Malkin, Pit	4	23	2						
Perry, Ana	13	13	2						
Kane, Chi	13	13	2						
H. Sedin, Van	7	18	2						
Little, Win	12	12	2						
Toews, Chi	12	12	2						
St. Louis, TBL	10	14	2						
Karlsson, Ott	7	17	2						
Benn, Dal	7	17	2						
Backstrom, Wash	5	19	2						
Thornton, SJ	2	22	2						
Stamkos, TBL	14	9	2						
Seguin, Dal	12	11	2						
Datsyuk, Det	12	11	2						
Marleau, SJ	11	12	2						
Couture, SJ	8	15	2						
Kopitar, LA	7	16	2						
Ryan, Ott	11	11	2						
Parise, Min	11	11	2						
Kunitz, Pit	11	11	2						

Wednesday's games not included

#### NFL WEEK 12

#### Thursday's games

All times Eastern Green Bay at Detroit, 12:30 p.m. Oakland at Dallas, 4:30 p.m. Pittsburgh at Baltimore, 8:30 p.m. Sunday's games

Jacksonville at Cleveland, 1 p.m. New England at Houston, 1 p.m. Arizona at Philadelphia, 1 p.m. Miami at N.Y. Jets, 1 p.m. Tennessee at Indianapolis, 1 p.m. Chicago at Minnesota, 1 p.m. Atlanta at Buffalo, 4:05 p.m. St. Louis at San Francisco, 4:05 p.m. Cincinnati at San Diego, 4:25 p.m. Denver at Kansas City, 4:25 p.m. N.Y. Giants at Washington, 8:30 p.m Monday's game

New Orleans at Seattle, 8:40 p.m.

#### NBA

Wednesday's results Indiana at Charlotte Philadelphia at Orlando Memphis at Boston L.A. Lakers at Brooklyn Miami at Cleveland Chicago at Detroit Atlanta at Houston Washington at Milwaukee San Antonio at Oklahoma City Denver at Minnesota Golden State at Dallas Portland at Phoenix New York at L.A. Clippers Tuesday's results Washington 116 L.A. Lakers 111 Brooklyn 102 Toronto 100 Orlando 109 Atlanta 92 Golden State 102 New Orleans 101

#### MLS PLAYOFFS

#### **CHAMPIONSHIP**

#### MLS CUP

Saturday, Dec. 7

Kansas City vs. Salt Lake, 4 p.m., EST

#### Packers' Rodgers a no-go vs. Lions

NFL

Quarterback Aaron Rodgers will miss his fourth consecutive game and Matt Flynn will become the Green Bay Packers' fourth starting quarterback of the season Thursday when the

Packers play the Lions in Detroit

Rodgers, who suffered a fractured left collarbone Nov. 4 against Chicago, practised on Tuesday but was ruled out by coach Mike McCarthy on Wednesday.

The Packers have gone 0-3-1 without him.

THE ASSOCIATED PRESS





#### ↑ Aries

March 21 - April 20 You will be able to charm the birds out of the trees today but why waste your talents on wildlife when you can focus instead on getting your way on the work front? Employers won't be able to say "no".

#### **Taurus**

**April 21 - May 21** Not everyone will agree with what you do over the next 24 hours but do you care? No, you don't! No one has the power to make life difficult for you. So, if it feels good, do it.

#### **ll** Gemini

May 22 - June 21 Let someone you trust know that your happy -go-lucky act is just that. Once your share your problem, it won't be as bad when various options have been pointed out to you.

#### **9** Cancer

June 22 - July 23 With love planet Venus moving through the relationship area of your chart, you can't afford to be shy with affairs of the heart. If there is someone you fancy, let them know. Chances are they feel the same way about you.

#### **Ω** Leo

July 24 - Aug. 23 It's good to dream and some dreams will never come true and it's time you faced up to that fact. Never mind, there should be another great dream coming along soon.

#### **M** Virgo

Aug. 24 - Sept. 23 You will be rather impatient today and that may be no bad thing, especially if people you work with are dragging their feet just to annoy you. Maybe you should threaten to carry on without them.

#### **△** Libra

Sept. 24 - Oct. 23 You have the happy knack of knowing what loved ones want and will go out of your way to get it for them over the next 24 hours. Don't forget your own needs though.

#### M Scorpio

Oct. 24 - Nov. 22 Mercury in your sign links with both Venus and Jupiter today, so good news is coming your way. Whatever it happens to be, don't keep it to yourself.

#### Sagittarius

Nov. 23 - Dec. 21 Make sure you know all the facts before reaching a decision about a money or business issue. Remember too that just because someone makes big noise does not mean they know what they are talking about.

#### り Capricorn

Dec. 22 - Jan. 20 Keep things light and don't let the cares of the world get to you. Venus in your sign makes it easy to see past negativity and make sense of what to others appears senseless. Life has meaning, and it is joy.

#### 🗫 Aquarius

Jan. 21 - Feb. 19 You can persuade almost anyone to do almost anything for you today but you don't seem happy with that "almost". You may be good with words but don't push too hard. Someone will always be immune to your charms.

#### **H** Pisces

Feb. 20 - March 20 This is an excellent time to travel, ideally with friends. The things you discuss and the things you see will make you glad to be alive in this time and place. SALLY BROMPTON

#### **Across**

- 1. Glisten 6. Federal force, commonly
- 13. Camera company
- 15. Faxed
- 16. Canadian fashion
- 19. Tugboat's sound
- 22. Spotlight lover
- Expressway
- 30. Border
- 31. \_\_ Carta

- 39. Casual material
- (Worker's ultimatum)
- 44. Abound
- the annual honours
- at #28-Down)
- 52. Carrot, e.g.
- adian singer
- 60. Actress, Sharon
- Down... Fiction book

#### Crossword: Canada Across and Down

- 10. Juice: French
- 14. Margarine
- designer: 2 wds.
- 18. Cracker spread
- 20. Poetic nights 21. Mr. Schwarzeneg-
- ger, to fans
- 24. Toronto's
- 26. Saintly
- 32. Some beans
- 35. Li'l physician
- 38. Balmy
- 40. The Dalai
- 41. "...\_ quit!"
- 42. House fields
- 43. Job-giver
- 46. Canada \_\_ for the Arts (Administrator of
- 48. Rihanna hit
- 53. "Hang Ten" Can-
- 54. Govern
- 56. Sicilian volcano
- 61. As per #28-
- 63. Deviate 64. Tunestress Tori 65. Capital of Belarus 66. Antiquity 67. Secret-passer's sound effect

#### Down

- winner: The \_\_ by Eleanor Catton, set in 1. Jazz singing style New Zealand
- 68. Writer W.B

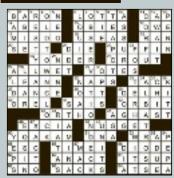
#### 2. Religious 'ring' 3. Data 4. As per #28-Down...

- Poetry book winner: Katherena Vermette Love Songs,
- set in the Winnipeg neighbourhood of

#### the title

- 5. Compass dir. 6. Red \_\_ Tea
- 7. Held on tightly
- 8. High IQ society
- 9. Disc in a 1990s fad game
- 10. The Maid of Orleans, b.1412 - d.1431:
- 11. Take apart laces 12. Drive 15. Parsley portion
- 17. Ashton's ex 21. Tots up
- 23. Menu words
- 25. Printing quantity
- 26. G.I.'s weapon need
- 27. "CBC News Now

- See today's answers at metronews.ca/answers.
  BY KELLY ANN BUCHANAN with Reshmi \_\_"
  - 28. \_\_\_\_. \_\_(Prestigious honour for Canadian writers, trendystyle ...see 2013
  - winners at #4-Down and #61-Across)
  - 29. Ball of yarn 33. Caravansary
  - 34. Filing abbr.
  - 36. Sacred Buddhist
  - peak 37. Director Mr.
  - Reiner
  - 39. "Curses!" 40. Victoria's Secret
  - apparel 42. Rock's Kings of \_\_\_
  - 43. Shade
  - 45. Actress Ms. Procter
  - 47. Baking need
  - 48. Search into 49. Model
  - 50. Ringo's instruments
  - 51. Wrestlers of Japan
  - 55. Itemize 57. Frank Sinatra
  - daughter 58. Cozy retreat
  - 59. Requests
  - 61. Swimming seg-
  - ment 62. Ms. Poehler



#### Know what the weather will be 14 days from now.

TWN incorporates MSC data

How to play Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

4	1	9	3	В	5	7	2	6
3	6	5	7	2	1	4	9	8
8	7	2	9	8	4	3	1	5
7	2	8	4	5	8	1	3	8
5	3	8	2	1	9	6	7	4
9	4	1	6	3	7	5	8	2
6	8	4	1	9	3	2	5	7
1	5	7	8	4	2	9	6	3
2	9	3	5	7	6	8	4	1

	6			7		1		8
5				9	4			
			1					4
			6	8	1	3	9	
				3				
	5	1	7	4	9			
9					7			
			2	6				9
6		7		5			8	

#### Today



Partly cloudy



-9°/-18°

Check the 14 day trend.



## Free Belgian Truffle\*

\*With the purchase of any medium or large hot specialty beverage





<sup>†</sup>At participating cafés only. While quantities last. ©2013 Threecaf Brands Canada, Inc.





Offer available for a limited time and subject to change without notice. \*After applicable discount (not exceeding device purchase price) with new activation on any 2-yr. plan having min. \$60 monthly service fee (MSF) on primary line or min. \$45 MSF on secondary line. Device Savings Recovery Fee and/or Service Deactivation Fee (as applicable) apply in accordance with your service agreement. FLEXtab balance corresponds to the sum of the Device Savings Recovery Fee and the Additional Device Savings Recovery Fee, Where applicable, additional airtime, data, long distance, roaming, options and taxes are extra and billed monthly. 1 Available at participating Rogers locations from Nov. 28/13 until the earlier of Jan. 6/14 or while quantities last with purchase of eligible Samsung device (Galaxy S4, S4 Mini, S4, S3, Mega, Note 2 or Note 3) and new activation on any 2-yr. talk, text and internet plan having min. \$60 monthly service fee (MSF) on primary line (\$45 MSF talk and text line also eligible in the case of Galaxy S4 Mini & S3) or min. \$45 MSF on secondary line. Samsung Mega compatibility requires a software upgrade (expected January 2014). If eligible plan is cancelled within first 15 days in accordance with your Service Agreement, Samsung Galaxy Gear must also be returned in original condition (\$49.99 will be refunded) else the difference of \$280 will be charged to customer's account. The Android robot is reproduced or modified from work created and shared by Google and used according to terms described in the Creative Commons 3.0 Attribution License. TM ©2013 Rogers Communications.